



Frequently Asked Questions - SUP Paddleboard Explorer Clinic

Will you provide SUPs and paddles?

Yes, we will provide our own inflatable SUPs, paddles and buoyancy aids. We will be using a selection of RED Paddle Co's world-leading paddles and boards. For more details on RED SUP's and other brands in our watersports collection, please see our online [APA Outdoor Shop](#).

Why use inflatable SUP boards?

Inflatable boards are an excellent choice for those just starting out with SUP compared to hard boards made out of solid fibreglass, carbon fibre or plastic. The soft board provides a more comfortable landing for beginners who may lose their balance and fall down. The width of the Red Paddle Co's Ride 10'6" we mostly use offers added stability for those learning to SUP.

What about other equipment?

Other key equipment to bring are a water bottle/hydration bag, water shoes, watersports tops and shorts/pants. When you sign up for the course a detailed kit list will be emailed to you. You may bring a bag to carry a spare change of clothes and other items, which can be stored at the beach during the session. For valuables please bring a small waterproof drybag if you need.

Do I have to know how to swim to join the course?

It would be useful to know how to swim, however, since we will provide personal flotation devices for all participants on the water, this is not a requirement.

Do I need to have experience with SUP?

No, you don't need to have any prior experience with SUP. We will go through an introduction to SUP and provide you with fundamental paddling skills. The course is designed to suit both beginners and those who have some basic experience with SUP.

I'm an experienced paddler and regularly SUP, will the course be too easy for me?

The course is aimed more at beginners and those who are trying SUP for the first time. You may want to join an intermediate private course.

How old do I have to be to join the course?

The course is open to participants who are at least 12 years old and 1.5 meters in height. Those under 18 years of age must have a parent(s) or court-appointed legal guardian(s) sign a consent form on their behalf.

Do I need to be fit?

You need a basic level of fitness to join the course. If you can go for a 2 hour easy hike you should have the fitness level to join the course. You will practice paddling skills on the water and may go on a short exploration journey.



Is the course in English?

Yes, the course is given in English, however if you understand a little bit of simple English, you will have no problem understanding the teaching as demonstrations are a big part of the teaching as well. We will also usually have one Cantonese speaking instructor who will be able to assist and translate if necessary.

What if there is bad weather?

If weather conditions are deemed unsuitable by APA during the program, we reserve the right to modify, postpone or cancel the session for the safety of both participants and staff. If the Tropical Storm Warning Signal No. 8 (or a higher number) or the Black Rainstorm Warning Signal is hoisted, the session will be postponed. If there are any weather warnings posted by the Hong Kong Observatory, we will closely monitor local weather patterns and either suspend or resume the session based on whether it is safe to do so by our experienced on site staff. We will always attempt to reschedule any program that has been adversely affected by weather and communicate at least 2 hours in advance of any course postponement.

What is the Cancellation policy?

A refund for cancellation can only be given if more than 7 days notice. If the course is affected by weather or must be changed/postponed for any other reason by APA, the applicant can join another course within 6 months of the originally scheduled date or ask for a refund.